



Statistics Report 35042, Fish, herring, Pacific, flesh, air-dried, packed in oil (Alaska Native)

Report Date: July 16, 2017 02:38 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	18.20	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	489	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	2048	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	44.50	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	34.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	2.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Minerals													
Phosphorus, P ¹	mg	684	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin ¹	mg	0.010	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin ¹	mg	2.200	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, IU ¹	IU	1300	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993